

# Maryland Crab Soup

**Makes:** 200 servings

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Ingredients	Weight	Measure
Oil		1 cup
Celery, diced small	4 lb	
Carrots, diced small	4 lb	
Onions, diced small	2 lb	
5-way mixed vegetables (frozen)	10 lb	
Tomatoes, crushed		3 qt
Tomatoes, diced		3 qt
Old Bay Seasoning	2 oz	
Crab stock or chicken stock		9 gal
Potatoes, diced, canned, drained	9 lb	
Claw crab meat	5 lb	
Black pepper		1 Tbsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	82	
Total Fat	2.73 g	
Protein	7.24 g	
Carbohydrates	7.02 g	
Dietary Fiber	1.88 g	
Saturated Fat	0.47 g	
Sodium	491.36 mg	

## Directions

1. Saute celery, carrots, and onions in oil until tender.
2. Add vegetables and saute for 5 minutes.

3. Add crushed tomatoes, diced tomatoes, Old Bay and crab stock. Bring to a boil. Cook until vegetables are tender.
4. Add potatoes and crab meat. Simmer for 10 minutes.
5. Season with black pepper.